



LINCOLN

LACROSSE

2024 YOUTH SEASON

*Celebrating
25 Years of Lacrosse
at Lincoln*

Lacrosse - The Medicine Game

Lacrosse, America's oldest team sport, dates to **1100 A.D.**, when it was played by the Haudenosaunee, or **Haudenosaunee people**, in what now is New York and areas in Canada bordering the state.

Native American oral traditions cite the first lacrosse game played between birds and mammals. Some Native Americans believe the sport was a gift from the Creator to be used for enjoyment and as medicine (medicine game).



LYL Mission Statement

I. Develop Love for Lacrosse & Learn to Compete

Starts with stick skills - improve LaxIQ - compete as a team

II. Compassion, Respect & Earned Excellence

We are mix of schools - respect for each other - learn to love lacrosse

III. Support for the Multi-Sport Athlete

We are not exclusionary to other Spring sports, Lacrosse is a Spring sport

IV. Wematin Ethos (Algonquin word for brother/sisterhood)

Community among players

LYL | Wematin in action



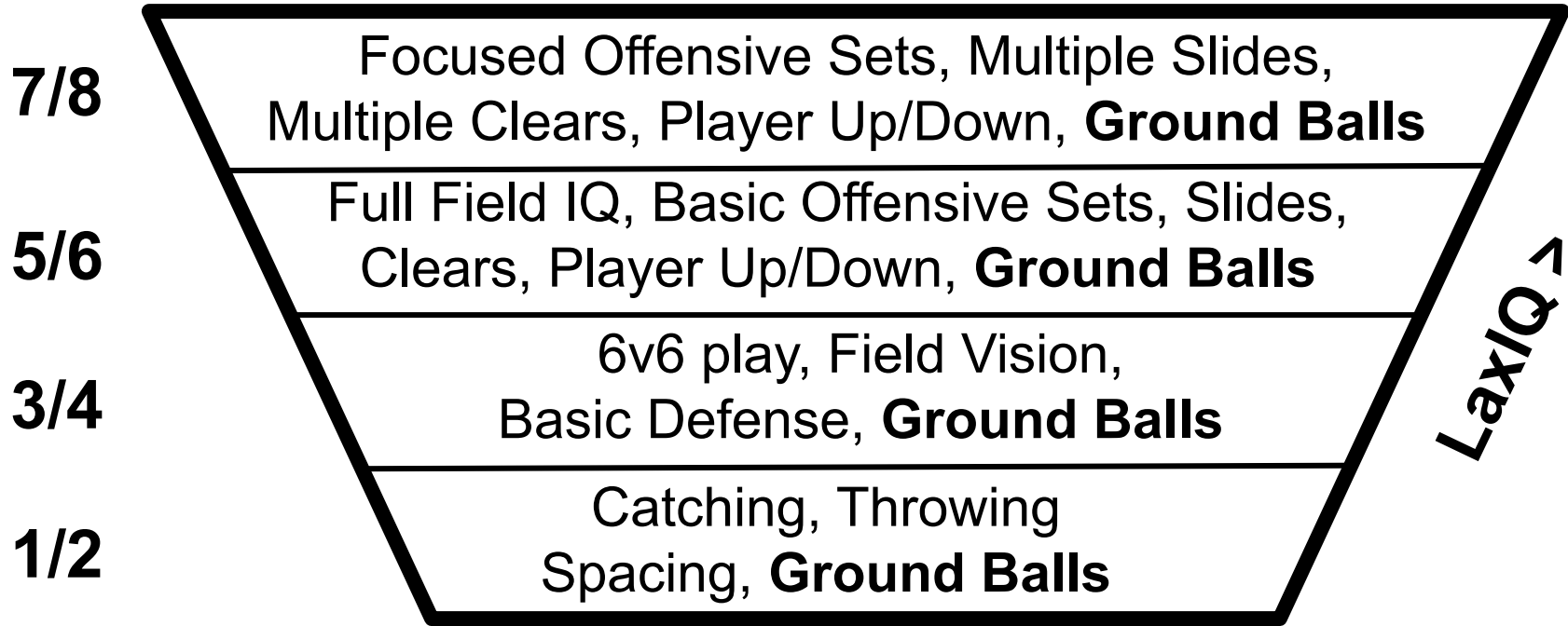
Lincoln Youth Model

1. **Develop 'new to lacrosse' players**
2. Challenge our returning/experienced players to further **develop LaxIQ and on/off field leadership**

Lincoln High School Model

1. Lincoln Lacrosse is a **NO CUT** sport
2. Youth players can have a **quick impact to JV and Varsity**
3. Lincoln HS Model - Core group of year-round Lacrosse players + strong athletes at Lincoln with lacrosse experience
4. Vertically Integrated Program: Youth > High School > Alum

READY FOR HIGH SCHOOL JV PLAY!



Fitness & Attitude

TWO THINGS MATTER FOR ALL LACROSSE PLAYERS DEVELOPMENT

WALL BALL / REBOUNDERS



WATCH COLLEGE LACROSSE (LAX IQ)



Season starts March 4th

- 1/2 - Saturdays at FPE 9:30 -11AM
- 3/4 - Mon / Weds at FPE 4:30-6PM
- 5/6 - Mon / Weds at FPE 4:30-6:30PM (full field last 30 mins)
- 7/8 - Tue / Thurs at FPE 4:30-6:30PM

5-8th Grade Saturday Practices in March

Tournaments (Multi-day)

- PDX Lax Jam (One day, all levels)
- SALI (Select - we will have games for non-Select players)
- Oregon Cup (Select)
- Canby Jam (same weekend as Oregon Cup)

LYL | Coaching Staff

1 / 2

- LHS Players Cole Pickett and Clyde Oh-Keith and long-time board member Larry Baker

3 / 4

- Parent Brian Getman - Ohio State University
- Matt Timm - University of Portland
- Carsten Jacobsen - LHS Player

5 / 6

- Parent Kevin O'brien - Denison University
- Parent Danny Cundiff - University of Central Florida
- LHS Alum Jack Gross - Dominican University, LHS Lacrosse Alum

7 / 8

- Former LHS HC and 4x State Title winner Will Harris
- Former LHS Assc Coach Art Chen - Harvard University
- LHS Alum Brendan Murphy - 2x State Title Winner at Lincoln

Lincoln Youth Lacrosse | 2024 Boys

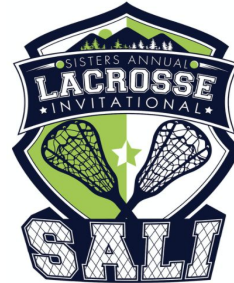


**BEND CALDERA
LACROSSE**

5 - 8th Grade



Sunday Tourney
Scrimmage 3/30



Oregon Cup Select & Rec

Beaverton

Two day Tourney for

5-8th

SALI (two day tourney in Sisters) will be a Select Team event paired with Wells Youth locally
Select Team will cost an additional \$125 per player

Home Games: Bend, EPL, OES

Game times posted the Monday before

1/2 Games: LO, Sunset, EPL, Sherwood

Summary

- **We need a respectful environment for 90 mins to 2 hours to coach lacrosse, come together as a team and get better**
- **We need a baseline of respect for the Coaches, Parent Volunteers and of course other players**
- **Key asks:** No side conversations, Don't interrupt Coaches, Treat each other with respect
- **Code of Conduct Enforcement** - If a Coach believes an event occurred that warrants a Notification to the Board (per items listed on the website) - he will email Board and CC parents with a brief write-up.
 - **On third notification - Player expulsion from program is allowed with no refund**

Some Club History...



Boys - 4x State Champs

- Boys & Girls are 503 (1)(c) status orgs
- Parent Led & Volunteer Driven
- Boys formed in 1999 / Girls in 2001
- OHSLA/OLYA (Boys) OGLA (Girls)

**Girls - State Final Runner up '05, '06, '21,
Quarters '22**



LINCOLN
LACROSSE



Anna Whitworth - Lincoln '22
All American
Amherst College



Peter Baum - Lincoln '09
All American
Colgate University, Tewaaraton Award Winner

Lincoln Lacrosse | Alumni - BOYS

- ★ Pat Rogers - 2008 State Championship team, Senior Captain, Middie at Denver 2009-2013
- ★ Aaron Prosser (SS) - 2008 State Championship. Drexel 2009-2013. Senior Captain at Drexel 2013. English World Cup team. Denver Outlaws
- ★ Andy Fish - 2008 State Championship team, 2009 State finalist, Close defender at Albany 2010
- ★ **Peter Baum (2x AA) - 2008 state champ, 2009 state finalist, Colgate 2010-14, Tewaaron 2013 winner, PLL Ohio Machine**
- ★ Henry Schoonmaker (AA) - 2008 & 2010 State champion, 2009 state finalist, Syracuse 2011-2015, Atlanta Blaze MLL
- ★ Ben Paris (AA) - 2011, 2012 State Champion, University of Michigan 2014-2018
- ★ Michael Marcott - 2012, Denver, UofO | Grant Clifford (AA) - Dominican University 2013-2015/UO
- ★ Tony Baum - 2012, Skidmore | John Sheffield (AA) - Yale (Football) 2006 - 2010
- ★ Chris Nye - 2012-2016, Roanoke College
- ★ Andre Dalke - 2012-2016, Haverford College
- ★ John Duffy (2x AA) - Loyola University, Baltimore 2014-2018, Senior Captain
- ★ Ben Hoffman (AA) Air Force Academy 2016 - 2019
- ★ Nick Marcy - Westminster 2016-2020
- ★ Gabe Bowen - Denver 2021-2024
- ★ Will Swindell - Williams College 2019-2023
- ★ Blake Phillips - Boston University 2019-2024
- ★ Will Duffy - VMI 2019-2023
- ★ Isaac Baker - UCSB 2019-2023 | Owen Lotti - Emerson College 2022 - 2026
- ★ **Alex L'Hommedieu* - Oberlin College 2023-2026**



Lincoln Lacrosse | Alumni - GIRLS

- ★ **Claire Draudt (H-AA)** - Colorado College 2007 - 2011
- ★ **Ali Peyton Draudt (AA)** Bowdoin College
- ★ **Caitlin Strahorn-Brown (AA)** UC Davis
- ★ **Devon Scott (AA)** - Claremont Mudd-Scripps 2006 - 2010
- ★ **Ansen Burr** - Kenyon College 2012 - 2016
- ★ **Siriane Lawless** - McGill University 2011-2015
- ★ **Natalie Mitchell** - Fort Lewis 2012 - 2017
- ★ **Janaye Godfrey** - Illinois Wesleyan 2017 - 2021
- ★ **Kate Denhart** - University of Oregon 2019-2023
- ★ **Cassia Schuler** - Wellesley College 2018-2022
- ★ **Katie Hinnan** - Whitman College 2018-2022
- ★ **Michaela Chen** - Puget Sound 2021 - 2025
- ★ **Ellie Kruse (AA)** - Pomona Pitzer 2019 - 2023
- ★ **Sophie Kruse** - Columbia University 2021-2025
- ★ **Anna Whitworth (AA)** - Amherst College 2022 - 2026
- ★ **Eva Thomsen-Marr*** - Denver University 2024 - 2028



**Committed to the admission process*

Lincoln Lacrosse High School Coaches



Anna Collett
College: BYU - All American
HS: Lake Oswego - 2x State Champion

Adrian Macalalad
College : Oregon State, MCLA Finals
HS: Southridge HS, All League Midfield
Midfield - Filipino National Team

LYL | Coaching Staff

1 / 2

- LHS Players Laura Kurtz and Annie Phillips

3 / 4

- Olivia Kozitza - Current Ida B Wells Player, University of Oregon Commit, All - American '23 Season
- Sophie Lafrenz - Current Ida B Wells Player

5 / 6

- Lexie Andrade - Willamette University (Head Coach)
- Hannah Kelly - U of Portland

7 / 8

- Eddie Waters - Former US Naval Academy Commit (Head Coach)

Note: Welcoming parent volunteers with lacrosse playing experience!

Season starts week of March 11th

- 1/2 - Saturdays at FPE from 9:30 to 11:00am (possible afternoon games)
 - 3/4 - Tues / Thurs at Albert Kelly Park (grass) 4:30-6:00 PM
 - 5/6 - Mon / Weds / Fri at Chapman Elem. (turf) 4:30-6:30 PM
 - 7/8 - Mon / Weds / Fri at Chapman Elem. (turf) 4:30-6:30 PM
- Note: 5/6 and 7/8 teams Friday sessions will emphasize the 6's intra-squad scrimmage*

Lincoln Youth Lacrosse | 2024 GIRLS

March

- Practices start week of March 11
- Jamboree Games planned for March 16 and 17
- PP Spring Break (no lacrosse) from Friday March 22 through Sunday March 31

April

- Practices resume week of April 1
- Four games to be scheduled: April 6 (away), 13 (LHS), 20 (LHS), 27 (away)

May

- May 4-5: SALL for 7/8 team, all other teams have a home game (LHS)
- Games to be scheduled on May 11 (away) May 18 (LHS) (last OGLA regular season game)
- Practices continue through the end of May
- End of season tournament weekend of June 1/2, Oregon Spring Classic at THRPD in Beaverton



Sisters Annual Lacrosse Invitational

- This is an optional event for the 7/8 team. All other teams will have games in Portland.
- This is a travel tournament to Sisters in Central Oregon. Arrive on Friday (May 3) with games on Sat/Sun (May 4-5).
- Additional player fees to be collected for this event



Oregon Spring Classic

- Tournament Schedule: June 1st and 2nd
- All teams will participate
- Location: THPRD in Beaverton
- Note: This tournament is 2 weeks after the last OGLA game on May 18
- Additional player fees to be collected for this event

LYL | 2024 Season Overview - GIRLS

- **Lacrosse stick:** The crosse, or stick, for girls has a shallower pocket than the boys sticks
- **Goggles:** Must be SEI certified no later than January 1, 2020
- Women's lacrosse helmet (optional) for players that want additional head protection
- **Mouth guard:** Must be readily visible color other than clear or white
- Adequate **shoes for grass and artificial turf fields**



More info/fitting advice on website:

<https://www.lincolnlaxgirls.com/youthuniforms>



**Lincoln Lacrosse
Corner Store**

A Portion of Your Purchase Will Benefit Lincoln Boys and Girls Lacrosse

secondslide

**10% OFF USE
'CARDINALS10'
THROUGH 3/31/24**



BottleDrop[®]
Oregon Redemption Center



**North
Avenue
Education**



HS and Youth Boys and Girls Games



Girls: cara.frey@gmail.com

Boys: admin@lincolnlacrosse.club



Lincoln High School | Overview

- Lincoln is one of the oldest high schools in the country, recently celebrating its 150 year anniversary
- Lincoln HS is a high achieving, academically focused school where students matriculate to some of the top colleges in the country
- Lincoln offers an IB program which draws some of the most accomplished teachers in Oregon and the West Coast
- \$245M Tax Payer Funded High School Opened Fall 2022
- Peyton Chapman - Principal
- Jeff Peeler - Athletic Director
- For upcoming college placements and LHS info visit: lincolnlax.org/whylincoln



National Awards

Rated one of "America's Best High Schools" in 2018 by US News and World Report, Newsweek, and the Washington Post!





GREAT STUDENTS!



GO CARDS VALUES:

Global, **O**pen-Minded,
Caring, **A**ltruistic, **R**espectful (RESJ),
Dedicated, **S**upportive

PROMOTING OTHERS ABOVE SELF:

Service Clubs, Active Engagement, Problem Solving, Innovation, Community Service and Philanthropy, Applied Learning

CARING AND DEDICATED STAFF





15

Average number of years of experience of Lincoln staff



100%

Staff with Master's degree or significant industry experience (CTE)



100+



Combined years of experience of our admin team



- 96% 4 year & 98% 5 year graduation rates
- ACT, PSAT & SAT scores exceed national averages
- IB results exceed national/international averages & are externally benchmarked
- Students can earn Bilingual Diplomas
- Philosophy & Ethics (PSU Challenge Program), Education 101, IB Business (PCC Credits)
- Students ready to access apprenticeships, work, internships & gap year opportunities supported by career & college counselors.



EXCELLENCE IN ACADEMICS



**“It’s cool to be
smart at Lincoln!”**



Where Students Go After Lincoln

Lincoln HS - approximately 400 students per grade

**Vocational
&
Community
Colleges**

**Local &
National
Two & Four
Colleges**

**Top Ranked
Four Year
Colleges**

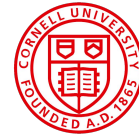
2023 LHS Class - College Enrollment

For Students that want to pursue high level colleges after LHS...

Amherst
College



BROWN



Cornell University.



NORTHWESTERN
UNIVERSITY



UC San Diego





All Students are IB Scholars


- Middle Years Program for all students in grades 9 + 10
- All students complete three IB classes
 - IB English Junior + Senior Year
 - Choice of IB History Junior Year

Students Self-Select Courses for Credit



The majority of students take 4-5 IB classes each year. They may also take CTE and Dual Credit courses. Students do not earn the IB Diploma but are well prepared for college and career opportunities through completion of these courses.

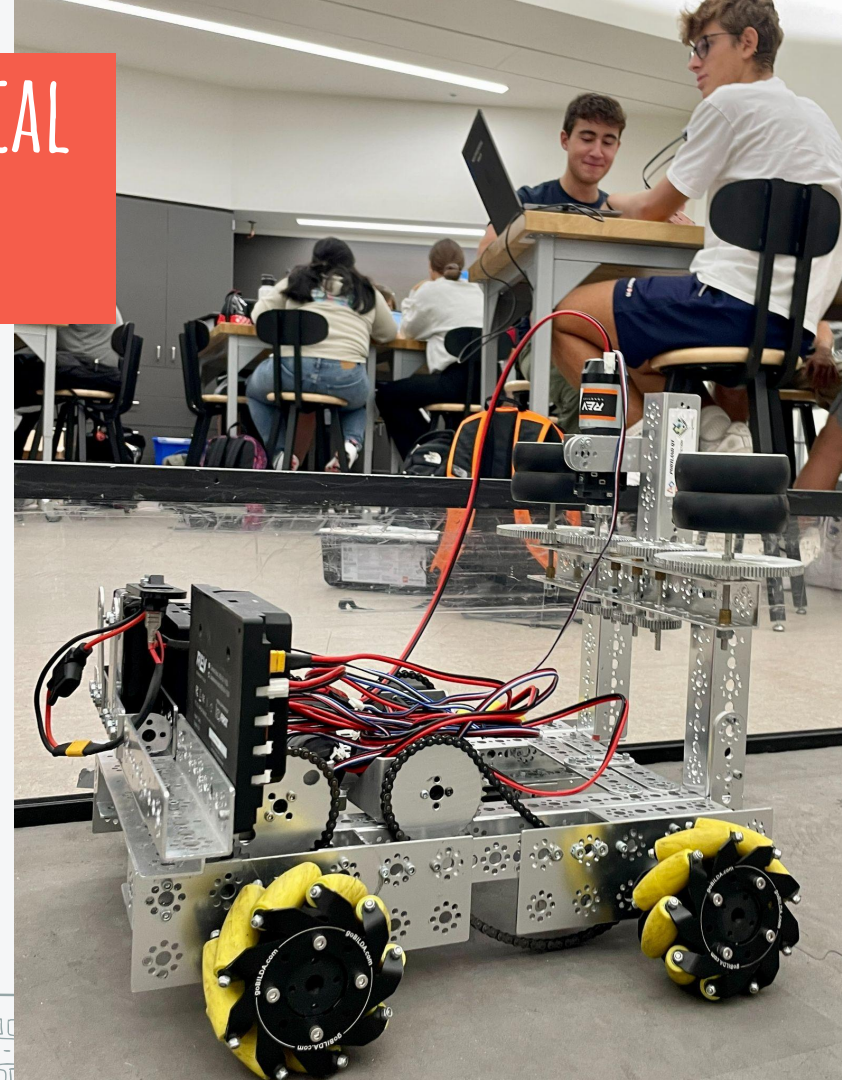
Students Complete the IB Diploma


- Students take and test in 6 courses their junior & senior years
- Completion of Extended Essay
- Participation in CAS (creativity action service) learning project
- Enrollment in Theory of Knowledge



CAREER AND TECHNICAL EDUCATION

- 
- ✘ Audio Engineering
 - ✘ Business & Management
 - ✘ Computer Science & Robotics
 - ✘ Construction: Interior Design
& Architecture
 - ✘ Product Design
 - ✘ Education
 - ✘ Hospitality & Culinary Arts
 - ✘ Multimedia Journalism
 - ✘ Media Arts
- 




4-year cohort model




Monday/Wednesday
AVID After Hours



College and
Career awareness

LHS AVID



Field trips, mock
interviews, guest
speakers





THE ARTS



Dynamic, talented and beloved arts educators



PERFORMING ARTS

- Chamber Choir
- Cardinal Choir
- FLI Choir
- Marching Band
- Jazz Band
- Symphonic Band
- Guitar Lab

VISUAL ARTS

Fine Arts

- 2D Design
- 3D Design
- Photography



THEATER PROGRAM

- 4-5 productions per year
- Design Workshop
- Performance Exploration

CTE ARTS

- Product Design
- Interior Design
- Graphic Arts



6A ATHLETICS

- ★ 80% of ALL students play sports
- ★ Host of inclusive “no-cut” sports
- ★ Tradition of State Championships
- ★ Excellent Coaches and Mentors
- ★ LHS athletes play in college & earn scholarships
- ★ Extensive Club Sports (Waterpolo, Equestrian, Racquetball, Rugby, Rowing, Snowboarding, Ski, etc)
- ★ Flock fans care about their peers & make games fun!



LHS CLUBS / EXTRACURRICULAR ACTIVITIES



AFFINITY GROUPS / STUDENT UNIONS

Arabic Student Union, Asian Student Union, Black Student Union, GSA, MECHA, Native American Student Union, Neurodivergent, Indian Student Union, Jewish Student Union



VOLUNTEER / SERVICE

Key Club, Student Government, Interact, SAFER, Animal Wellness, CommuniCare, CardsCook, Environmental Justice, LINC



SPORTS

Table Tennis, Wushu, Climbing Club, Volleyball Club, Pickleball Club, Girls on Wheels, Hiking



ACADEMIC

Yearbook, Cardinal Times, Coding Club, Arabic Honor Society, Science National Honors Society, Math Club, Women in STEM



COMPETITION

Constitution Team, Speech and Debate, Mock Trial, Model UN, Future Business Leaders of America, Chess



INTEREST BASED

Book Clubs, Animation Club, Dungeons and Dragons, Fashion, Language, Space, Yoyo, Gardening

LHS COMMITMENT TO DIVERSITY, EQUITY AND INCLUSION WORK

CENTERING STUDENT VOICE AND LEADERSHIP

- All staff trained in IB/AVID using an equity and inclusion lens with ongoing embedded DEI PD
- Freshman Leadership & Inquiry Advisory Program
- US History Ethnic Studies 9th grade
- Upperclassman electives include Gender /Queer Studies, Environmental Justice, ASL, etc.)
- Student Affinity Groups
- Restorative Justice Approach
- No Place for Hate Anti-Bullying Work
- Culturally Specific Exhibition Nights

**“Among individuals,
as among nations,
respect for the rights
of others is peace.”**

Benito Juárez

برامج متعددة الثقافات

多文化项目

Multicultural programs

Programmes multiculturels

Multikulturelle Programme

Мультикультурные программы

Barnaamijada dhaqamada kala duwan

Programas multiculturales

Các chương trình đa văn hóa

SUPPORTS FOR FRESHMAN

FLI
BAND

FLI
AVID

FLI
CHOIR

Student
Success
Teacher
Teams

College

Advisory
Model

Freshman
Academy

Field
Trips

Career

Cohort and
Community of
Peers

RESJ





NEXT STEPS...

- Schedule a Shadow Day for your student by emailing Sue Denton sdenton@pps.net



LINCOLN
HIGH SCHOOL



2023 - 2024 SHADOW DAYS

[Easy Registration via Google Form](#)
[Please email sdenton@pps.net](mailto:sdenton@pps.net)

WHAT IS A SHADOW DAY?

Families who are NEW to Portland Public Schools and currently live within Lincoln's attendance boundary are invited to spend a day with us, to aid them in choosing their high school. They will join a current Lincoln student and follow their schedule for the day or half day. These slots will be offered on a first-come, first-served basis. Due to the limited number of slots, we kindly ask only families seriously contemplating attending Lincoln vs a private school sign-up.

SCHEDULED SHADOW DAYS

October	3, 16, 23, 27
November	2, 7, 14, 29
December	5, 13
January	5, 9, 16, 31
February	2, 12, 16, 27
March	4, 8, 12, 18, 21
April	9, 15, 19, 23, 29
May	3, 7, 13

Full Day 8:30am - 3:30 pm
Half Day 8:30am - 11:45am



SHADOW DAY QUESTIONS

Please contact Sue Denton

📞 503.916.5200 X87702

🌐 sdenton@pps.net